

What is claimed is:

1. A spinal plating system, comprising:  
a plate including a first portion defining a first aperture and a second portion defining a second aperture, said first and second portions interconnected by a mid-portion having a reduced lateral width relative to said first and second portions to facilitate bending of said plate along said mid-portion; and  
at least two prongs extending from said plate, one of said prongs positioned between said first and second apertures adjacent said mid-portion.
2. The spinal plating system of claim 1, wherein said plate has an hour glass shape.
3. The spinal plating system of claim 1, wherein said plate defines a groove extending laterally across said plate between said first and second apertures to facilitate bending of said plate along said mid-portion.
4. The spinal plating system of claim 1, wherein said mid-portion is defined by at least one inwardly extending notch.
5. The spinal plating system of claim 4, wherein said mid-portion is defined by an opposing pair of said inwardly extending notches.
6. The spinal plating system of claim 1, wherein another of said prongs is positioned aside one of said first and second apertures opposite said mid-portion.